

**Crew Off Duty**

<b>GMT</b>	<b>Crew</b>	<b>Activity</b>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:35	FE-1	PLANTS-2: payload status check
07:35–07:40	FE-1	Calldown of CBO water supply status
07:40–07:45	FE-1	Calldown of CП flash counter status
07:45–07:50	FE-1	ELECTRON-VM: monitoring air bubble in the gas/fluid mixture
07:50–07:55	FE-1	Inspection of БПНК separator
08:15–08:20	FE-2	IMS file auto import/export
09:30–11:00	CDR	Physical exercise (RED)
10:00–11:00	FE-2	Physical exercise (TVIS)
11:00–12:30	FE-2	Physical exercise (RED)
11:30–12:30	FE-1	Physical exercise (VELO + Load Trainer-1 / day 3)
12:30–13:30		LUNCH
13:30–14:10	FE-1	Maintenance of COЖ
14:20–14:35	CDR	Private psychological conference ( <i>S+Ku-band</i> )
14:35–14:50	FE-2	Private psychological conference ( <i>S+Ku-band</i> )
14:50–15:05	FE-2	Private family conference ( <i>S+Ku-band</i> )
15:00–16:30	FE-1	Physical exercise (TVIS-3)
15:30–15:45	FE-2	Defibrillator battery check
16:00–16:15	CDR	Private family conference ( <i>S+Ku-band</i> )
17:15–18:15	CDR	Physical exercise (TVIS)
17:30–17:45	FE-1	Private family conference ( <i>S-band</i> )
18:15–18:40		Daily plan review
18:40–18:55		Daily planning conference ( <i>S-band</i> )
18:55–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US procedures

End of radiogram